

TEAM 19!

Supporting from the Sea to the DMZ

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Army cooks continue their winning streak



TEAM 19!

19th TSC

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Army cooks compete against their Korean counterparts during the International Military Culinary Competition in Seoul April 6-8. (Photo by Sgt. Jimmy Norris)

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Learn from, pay tribute to fallen comrades

Greetings Team 19!

During the month of May, we pay tribute to our military history during Armed Forces Day and Memorial Day. As we enjoy the activities and time off that come with these holidays, it is important that we remember to honor not only those who are currently serving, but also the memory of the more than half a million Americans in uniform who have given their lives for our country.

No words can adequately describe the sacrifice of those men and women who gave their lives to preserve peace and democracy for future generations.

Our predecessors defended the future of freedom at places like Bunker Hill and Yorktown, Gettysburg and Antietam, the trenches of France, Guadalcanal and Normandy, the Korean peninsula, Vietnam, Kuwait, Afghanistan and, now, Iraq.

For those of us currently stationed in Korea, both Armed Forces Day and Memorial Day have added meaning. We are literally surrounded by the history of the Korean War.

While many of you may know very little about the "Forgotten War," there are still many valuable lessons to be learned from it.

When North Korea invaded South Korea on June 25, 1950, the U.S. public did not want to get involved in another war. Our Army had drawn down from World War II, and we did not have the troops or equipment for a major



Command Sgt. Maj. Larry C. Taylor

conflict.

However, as it states on the Korean War Veterans Memorial, "These are men and women who answered the call to defend a country they never knew and a people they never met."

Through terrible conditions – more than 50 degrees below zero in the winter and 100 degrees in the summer – members of the U.S. Armed Forces persevered, even when they were outgunned and outnumbered.

The members of Task Force Smith were a perfect example of this fighting American spirit. Immediately after North Korea crossed the 38th Parallel, the United States scrambled to assemble a fighting force.

Approximately 540 U.S. Army Soldiers from Japan were put together in a task force named for its commander, Lt. Col. Charles B. "Brad" Smith. This "delaying" force had a mission to hold off the North Koreans until the main force could be assembled.

Task Force Smith set up a defensive position just north of Osan, where they met an estimated 6,000 North Korean troops head on. Outnumbered by about 12 to 1, the Soldiers were forced to withdraw. But, they forced the North Koreans to break formation and delayed their progress at least seven hours.

The Soldiers of Task Force Smith refused to call their withdrawal a failure. They believed they had accomplished their mission to slow the North Koreans and show America was in the fight.

Another major battle was fought not far from our headquarters in Daegu. After an unrelenting North Korean Army kept advancing through South Korea, American forces found themselves trapped in the southeastern corner

of Korea.

But, as troops and materiel poured into Busan, American and South Korean forces were able to regroup. They held the Busan Perimeter defense line against a six-week relentless assault by the North Korean Army. Facing total defeat, our troops held the line and eventually pushed the North Korean forces back across the 38th Parallel.

There were many other battles during the Korean War, such as Chosin Reservoir, Heartbreak Ridge and Pork Chop Hill that were made famous through best-selling books and movies.

Through it all, the hundreds of thousands of American and South Korean servicemembers who fought, were injured or gave their lives to defend freedom should serve as a shining example of what the spirit of Warrior Ethos is all about.

According to Field Manual 7-0, Training the Force, our "Warrior Ethos compels Soldiers to fight through all conditions to victory no matter how much effort is required. It is the Soldier's selfless commitment to the nation, mission, unit and fellow Soldiers. Warrior ethos is grounded in refusal to accept failure."

This May, while you reflect on the sacrifices made by countless others before you, take advantage of the opportunities you have to learn more about the Korean War. There are museums dedicated to the Korean War in almost every major city.

And, never forget, the best tribute you can pay to all of our veterans, is to carry their spirit of Warrior Ethos into the future.

(Historical information compiled from <http://korea50.army.mil>)

Team 19 talks ...

Who is your military hero?



My military hero is Command Sgt. Maj. Larry C. Taylor because he really exemplifies what a Soldier should be.

Sgt. Odell Walker Jr.
501st CSG



My military hero is Admiral Lee, Soon Sin, a legendary Korean naval officer. He once defeated 133 Japanese ships using only 12 "turtle" ships.

Cpl. Kim, Kyong-yub
23rd ASG



The men and women serving on duty in Iraq and Afghanistan.

Elmer Jackson
MSC-K



It is every man and woman who is serving in the military.

Pfc. Michael Hahm
84th Ordnance Co.,
20th ASG



My military hero is General George S. Patton. He was a man of his word.

Maj. Norbert Fochs
HHC, 19th TSC

Take advantage of free food at DFAC

**Commentary by CW3 Travis W. Smith
19th TSC Food Advisor**

Why do our Soldiers on meal cards continue to pay for meals at fast food restaurants when they can eat for free at the dining facility?

There is always something good on the menu at the dining facility. Menu selections vary from DFAC to DFAC, but you will always find wholesome comfort foods, such as roast beef with mashed potatoes, fresh vegetables, savory baked and fried chicken, burgers, sandwiches, barbecue, as well as Mexican, Asian, Italian and German meals.

Why then do our meal-card holders have such heartburn with the DFAC?

The food is good, and it is free for Soldiers holding a meal card.

The Soldier on a meal card receives a benefit that is worth \$8.90 per day for breakfast, lunch, and dinner. This equates to \$267 per month for an average of 30 days. Over the year, a Soldier receives \$3,204 in meal compensation with a meal card. On average, Soldiers spend \$11.37 per day if they eat value meals at fast food restaurants on base. This adds up to \$341 per month and \$4,093 per year. A Soldier with a meal card who serves the Army for four years and spends his money for food will consume \$16,372.80 of their income, which would cover the cost of a new car or two years of community college.

Not only would the Soldier have spent \$16,000 of his own money, but he would have also lost the benefit of having wholesome, hot meals at the DFAC, which equates to an additional loss of \$12,816 for the meal card that he never used.

Most of the time when I go into the dining facility, I find something on the menu that I don't particularly care to eat, but I always find something on the menu that I enjoy. Dining facilities these days are customer-oriented businesses where the manager must have enough headcount to justify staying opened to serve meals.

With the budget crunch in Korea, even Korean National support in the DFAC is based on the headcount. When the headcount drops to a certain level, the KN workers that you normally see washing dishes and cleaning floors are no longer allowed to work because the resource managers will not approve their work schedules.

Therefore, don't be surprised if you find yourself on KP detail like they used to do in

your father's Army.

The Army's most valuable resource is the Soldier. Both U.S. and KATUSA Soldiers are considered customers of the DFAC. The Dining Facility Managers hold Dining Facility Council Meetings to hear what the meal card holding Soldiers desire to have on the menu. All Soldiers, both KATUSA and U.S., may voice their opinions to get the items they desire on the menu at their DFAC.

Most Soldiers don't even realize that they spend so much of their money on fast food and restaurants when they could get a quality meal in the DFAC. Most of us also fail to realize that dessert, coffee and salad are part of the package meal at the DFAC.

If you add these to the bill at any fast food restaurant, you will quickly realize the value of the meal card.

Dining Facility Managers must meet strict guidelines in menu planning and stay within the budget they are allowed by Army standards.

Dining facilities generate revenue by having higher headcount. When the DFAC has enough headcount to justify the money they spend on rations, they break even. Dining facilities can afford to have special meals, such as steak and seafood, only when they are not in danger of going into the red with their budgets.

All Soldiers and leaders can help the DFAC and help their own bottom line if they eat at the DFAC in their locale. As a Soldier, you can help the managers meet expected headcounts and help yourself by saving money.

Support your DFAC and let them know if you are not satisfied. The managers will listen to your complaints, because they value your patronage to their facility. You are their number one customer.

Please take the time to fill out this survey and drop it off at your DFAC. You should note a change in menu based on your recommendations.

Dining Facility Customer Survey

Please fill out this survey and return it to your local dining facility.

Today's Date: _____; Name of your DFAC _____

1. Are the meal hours adequate?
2. What is your favorite food to eat?
3. What would you change about the atmosphere?
4. How would you rate the DFAC meals in the past week?
Excellent Good Average Unsatisfactory (circle one)
5. Were the servers courteous to you? Yes or No
6. Does the food on the service line look appealing? Yes or No
7. How does the food normally taste?
Excellent Good Average Unsatisfactory (circle one)
8. Are the meals as good as fast food restaurants? Yes or No
9. What would you like to see on the menu?
10. Are you a meal-card holder? Yes or No
11. How many meals do you consume outside the DFAC in a week? _____.
12. If you could change something about your local DFAC, what would it be? _____ Why? _____

Area IV Soldiers spend day with SMA Preston

Story by
Cpl. Hwang Kyoo-Won

Five months after his first visit to Korea, Sgt. Maj. of the Army Kenneth O. Preston, accompanied by his wife, Karen Preston, and Command Sgt. Maj. of the U.S. Army Reserves Michele Jones, visited the United States Forces Korea Soldiers once again April 21-27.



Sgt. Maj. of the Army Kenneth O. Preston talks to a Soldier before a reenlistment ceremony at Camp Carroll, where Preston reenlisted Pfc. Jessica Trevithick, 6th Ord. Bn.

The first units he visited were in Area IV April 25. He had a town hall meeting with Daegu-area Soldiers and talked about some of the primary concerns Soldiers had in the military.

One concern brought up by the Soldiers in attendance was the new Army Combat Uniform. As he pointed out the many benefits of the new uniform, Preston explained how ideal the color and the pattern of the new uniform is in desert, urban and wooded areas.

Another hot topic was the transformation the Army is going through and how important it is.

"I want you to remember 'predictability' and 'stability'. Because that's what the Army transformation is going to bring to Soldiers and families," said Preston. "We want to get to at least a one to two rotation – meaning that if you spend one year deployed, then you'll spend at least two years at home station."

While Preston was meeting the Soldiers, his wife had the chance to look around the installations in Daegu to see living conditions of the Soldiers in Korea.

"It was hard to find any differences between the Army stations in the U.S. and Area IV," Karen said. "It was nice to see the good living conditions in at Area IV."

Following the town hall meeting in Daegu, Preston visited Camp Carroll, where he met with units, ate lunch at the dining facility and held another town-hall meeting. Soldiers from the 307th Signal Battalion briefed Preston about their mission and some of their high-tech equipment.

Soldiers looked a little bit nervous when briefing the Sergeant Major of the Army, but proud of what they were doing.

"I was excited because not everyone gets to meet the Sergeant Major of the Army," said Spc. Terry Glass, 307th Sig. Bn. "It was my second time meeting him, so I must say I'm pretty lucky."

Preston made another stop to visit the 6th Ordnance Battalion, 20th Area Support Group, where he had the opportunity to reenlist a Soldier.

For Pfc. Jessica Trevithick, 6th Ord. Bn., it was quite a unique experience to have her reenlistment ceremony in front of the Sergeant Major of the Army.

"This may be a career highlight for me," she said. "It's a big deal for the enlisted Soldiers to meet the Sergeant Major of the Army, and by meeting him, I got a clearer meaning on leadership."

NEO rehearsals ease wartime fears

**Story and photos by
Pvt. Park, Myung Joon**

When the balloon goes up and the bullets are flying, the last thing a Soldier should have to worry about is the well being of his family. Luckily, the Army has a plan to ensure the safety of noncombatants in the event of an emergency.

“(Noncombatant Evacuation Operations) evacuate noncombatants off the peninsula in the event of imminent or possible military hostilities, natural or man-made disasters, political or other crises that put noncombatants in a danger,” said Sgt. 1st Class Sedrick Buxton, 19th Theater Support Command NEO coordinator.

The most recent NEO exercise in Daegu, also known as Courageous Channel 05, took place April 29- May 5 at Camp George.

For the purpose of this exercise, noncombatants are American citizens and their immediate family members, legal permanent residents of the U.S. and designated third county nationals, said Buxton.

NEO operations are practiced twice a year in Korea, he said. During Courageous Channel 05, family members and non-emergency essential civilians practiced

the steps necessary to get them off the peninsula safely. Using airplanes and ferries, noncombatants were moved from Korea to a safer location – in this case Japan.

Exercise participants also went to their local Evacuation Control Centers with their NEO packets. NEO packets include a number of important documents, such as identification card, a passport, and a personal property inventory.

“NEO operations are conducted and rehearsed everywhere the U.S. Army has a presence. In Korea, the 19th TSC conducts and supports this mission,” said Buxton.

“This rehearsal makes me feel like if something happens here, my family can be evacuated quickly. I think it’s really good to do this twice every year so that people get used to it,” said Nada Johnson, the spouse of a contractor working for the 1st Signal Battalion.

“I’ve been doing this operation in Korea



Spc. Gerald Bielicki, 903rd MP Bn., conducts a security check on a military spouse, David Dillard, before he enters the Evacuation Control Center on Camp George.

from my days in 2nd Infantry Division. For me, as an active Army officer, NEO operations make me feel that the Army will take care of my family even in a wartime atmosphere,” said Chaplain (Capt.) Steve Shin, 728th Military Police Battalion.

For newcomers to the NEO process, the exercise can be very time consuming and difficult. But veterans of the process said the experience gets better as participants learn the ins and outs of evacuation operations.

“It’s getting easier and easier every time. I’ve been here for two years, and at the first time it took an hour, but nowadays it takes only 10 or 20 minutes,” said Johnson.

For more information about NEO operations and putting NEO packets together, contact Buxton at 768-8568.

“NEO operations are very important for the whole community. I feel like I’ve been taken care of by the Army whenever I participate in this operation,” said military spouse David Dillard.



Sgt. Keith A. Tinsley, HHC 19th TSC, explains the various steps of the NEO process to exercise participants.

20th ASG says 'goodbye' to Camp Henry

Story by
Cpl. Hwang Kyoo-Won

The ongoing process of transformation has the Soldiers from the 20th Area Support Group busier than ever. Between moving vehicles, packing barracks rooms and reestablishing offices, the unit's move to Camp Carroll, has hardly given them a moment's rest.

The unit's transformation required the whole 20th ASG to move to Camp Carroll, said Staff Sgt. Winfred Walker, HHC, 20th ASG.

"We set a timeline for the sections to move more efficiently. We just had a convoy, where all of the vehicles from our company moved down to Camp Carroll," said Walker. "Motor pool will be the last element to move down to Camp Carroll, because we have to make sure we have the capability to support the moving of all the other sections."

Moving a big unit like the 20th ASG may sound like a lot of work and frustration to



Pvt. Joseph Davis fastens the cable around a box of unit supplies and equipment that is ready to be loaded onto a truck and sent to Camp Carroll.

some, but it will make the unit's work much easier in the future, said Walker.

"Our move will increase our effectiveness as far as our mission is concerned, because we have elements up at Camp Carroll that we need to support our mission," said Walker. "So we will be in the same vicinity and work together, which will be much easier than going to Camp Carroll and back every time we have to accomplish our mission."

As they were packing, Soldiers looked excited that they were going to work in a new and different environment.

"I'm looking forward to working at Camp Carroll. It sounds fun," said Cpl. Jung, Joon Sub, Senior Korean Augmentee to the U.S. Army, 20th ASG. "I'll have to get used to working in a big area, because Camp Carroll is much bigger than Camp Henry."

Some Soldiers said they felt awkward leaving the Daegu area, which they've become used to.

At the same time, Soldiers said they were ready to take on the challenge of adjusting to a new area.

"I've been in Daegu for two years, and I know my 'ins and outs' and where to go. Life at a new installation will take some time to get used to," said Spc. Sophia Gomez, 20th ASG. "But the whole unit is going to be more organized, because everybody is at one place and there will be more communication between each other."



Staff Sgt. Winford Walker carefully moves boxes with a fork lift.



Cpl. Song, Sun ik and Staff Sgt. Jennifer Edwards move office supplies and equipment to the street to be loaded onto trucks.

Army cooks compete again

Story and Photos

By Sgt. Jimmy Norris

The dancing soy sauce bottles, see-through dishwashing machines and Coca-Cola promotional giveaways may have been the big draws at the 2005 International Tourism and Food Expo, held at Seoul's COEX Mall April 6-8. But for the cooks, it was all about the competition.



While it wasn't the World Series or a billion dollar pay-per-view fight, the intense looks on the cooks' faces, and the sense of urgency with which they moved, told the throng of spectators that the event was every bit as competitive and intense as any sporting event.

A first for the annual festival, the International Military Culinary Competition featured not only some of the best cooks from the Republic of Korea's armed forces, but also the award-winning Eighth U.S. Army culinary team that dominated the U.S. Army's culinary competition at Fort Lee, Va.

According to team leader, Chief Warrant Officer Travis Smith, the management of Sgt. 1st Class Linda French, the superior knife skills of Pfc. Francisco Elias, the unmatched pastry talents of Staff Sgt. Vilaykone Saynorath and Spc. Jay Ruff's solid mastery of fundamental cooking skills were an ideal mix to ensure Eighth Army cooks continued the winning streak that started at Fort Lee.



The third and final day of the competition featured the catering event, in which teams

rushed to put together five-course meals in less than two hours.

While the Korean teams made food they said was typical fare in their dining facilities, the Americans served a gourmet meal that included grilled lime shrimp and crab cakes, roasted red pepper soup, sesame spinach salad, grilled salmon with ginger sauce and a double chocolate Bavarian cream dessert.

This came on the heels of the April 7 Innovative Hot Cooking event, in which the team prepared a signature duck dish, and the April 6 Innovative Cold Food Display, which featured roasted bacon-wrapped pork loin, crispy pan-seared duck breast, roasted chicken breast with mushroom stuffing, braised lamb shanks and poached fillet of flounder.

"When people think of American cuisine, they think of hamburgers and hotdogs. They don't realize how much history and tradition there is to it," said Elias in reference to the team's show-stopping menu.

Prior to the competition, the team had never practiced any of the dishes on their menu together.

According to Ruff, the lack of preparation helped make the competition more enjoyable.

"It made it more fun. It let us see where our skills were at the drop of a dime – what we could create with all of our minds put together," he said.

Even to the casual observer, their practiced teamwork and sense of urgency was apparent. While one member chopped vegetables, another stirred soup and a third piped Bavarian cream into desert molds. Each of their individual actions flowed flawlessly into the actions of their teammates.

"We didn't necessarily practice for this," said Smith. "The teamwork was the result of having worked together for the last couple of months."

Most of the team, Smith explained, has been working together



Top Left: Team Manager Sgt. 1st Class Linda French prepares a salad for display during the April 8 catering event. **Top right:** A gourmet meal awaits consumption after the competition's two hour time limit. **Bottom:** (Left to Right) Staff Sgt. Vilaykone Saynorath, Spc. Jay Ruff, Chief Warrant Officer Travis Smith and Pfc. Francisco Elias work through the catering portion of the International Military Culinary Competition.

ainst Korean counterparts



Pfc. Francisco Elias prepares vegetables for use in one of the many dishes his team created for the International Military Culinary Competition.

since January, when they attended an 11-day culinary certification course at the Woosong Culinary Academy in Daejeon, Korea. It was there, Smith said, that the cooks on his team gained many of the skills that have led to their success in competitions such as the U.S. Army Culinary Arts Competition in March.

The result of their most recent efforts was a gold medal in the Innovative Hot Food Display, and silver medals in the Innovative Cold Food Display and Catering event.

"I like having the opportunity to be the best," said Smith. "I like coaching and leading teams to their potential, but everybody on the team contributed to the win."

Elias also expressed a desire to compete, though not necessarily against others.

"I compete, but not with other people. I prefer to compete with myself," he said. "I can't be looking over my shoulder all the time to see if someone is better than me. So I compete with myself and strive for personal perfection."

But it's not just a desire to compete that compels the cooks on the Eighth Army team toward excellence. Each of them genuinely loves what they do.

"I can't see myself doing anything else," said Elias.



Staff Sgt. Vilaykone Saynorath pipes Bavarian cream into dessert molds as during the catering portion of the International Military Culinary Competition.

Camp Walker parishioners donate t

Story By Sgt. Jimmy Norris

The Dec. 26 tsunami that devastated many parts of Asia and east Africa started a drive for massive amounts of aid, both in terms of money and labor donated by individuals, agencies and nations from around the world.

Even with billions of dollars in aid going to victims of what some call the worst natural disaster in recent history, there's always the need for a little more help.



Photo By Sgt. Maj. Joseph Kalsic

Dr. (Maj.) Louis Radnothy shovels sand into buckets for use in building porches.



Photo By Sgt. Maj. Joseph Kalsic

A group of volunteers places a pillar in the ground during the construction of a house.

Recently, a group of volunteers from Area IV used a relatively small amount of resources to give quite a bit of help to the people of Koakhoa, a small island off the western coast of Thailand.

After only eight days, these volunteers managed to build three houses, set up an Internet-ready outreach center to help restore the area's ability to communicate with the rest of the world, and conducted outreach activities at a local school. They also donated money for the construction of a church and made a number of donations to individuals whose livelihoods had been destroyed by the tsunami.

They did all of this in spite of primitive tools, dysentery and backbreaking labor in 118-degree weather.

While this may sound like the work of a major international relief agency, in reality, it was 46 parishioners from the Camp Walker Chapel's protestant congregation.

These Soldiers, Department of the Army civilians and family members used their own leave and their own money for the trip.

"Actually, this was all started by one of our parish members – Tina Juliano. She just felt compelled to do something to help these people," said Chaplain (Maj.) Michael Charles, deputy command chaplain, 19th Theater Support Command.

The wife of Camp Carroll civilian employee, Mark Juliano, Tina saw the plight of the Tsunami victims on a television news program. Her first response, she said, was to tell her children to pack their bags and get ready to join the relief efforts.

"Then I asked my husband if it was okay," she added with a laugh.

Her next step was to ask Charles to put her in touch with any aid groups that might be involved in relief efforts. Instead, explaining the health and safety risks that arise when a large number of dead bodies are present, he asked Tina to wait until relief efforts were better established.

Eventually Charles put Tina in contact with Joe and Sam Hendrick, two men who had previously had done ministry work in Thailand.

Through their new contacts, the Juliano family learned about the numerous opportunities



Photo By Sgt. Maj. Joseph Kalsic

Tina Juliano and her daughter, Milan, age 12, mix cement for use in construction.

that existed to help victims of the tsunami.

"Initially we had planned to help rebuild a school," said Mark Juliano. "But as the months went by, the Thai government took over the rebuilding of the school. But there were still plenty of opportunities to help rebuild homes."

With a plan in place, Charles asked Tina to present her ideas to the chapel congregation in late January. She presented her fellow parishioners with more than a request – she presented a challenge.

"I'm so used to people saying 'oh that's a good idea' or 'I'll help' and then nothing happens," she said. "I asked them to stand up and make a public commitment in front of everybody."

Tina said the number of people who to her challenge genuinely surprised her. A total of 46 people – officers, enlisted and civilians – volunteered to help with what would eventually be known as "Operation Love Thy Neighbor."

Maj. John Bray, Headquarters and Headquarters Company, 19th TSC, said when he heard Tina's request for help, he and his family volunteered without hesitation.

"We believed the Lord led us to go there," he explained.

But even with a plan in place, and a large number of volunteers, the group was still a long way from being able to fund a relief effort.

It took two months of fund raising, including bowl-a-thons, t-shirt sales and private donations before Operation Love Thy Neighbor could get off the ground.

The group raised almost \$13,000 by the time

Time, money to aid tsunami victims



Photo By Sgt. Maj. Joseph Kalsic

Michelle Schonberg, age 11, Cynthia Radnothy, age 12, use trowels to level cement during the construction of homes for tsunami victims.

they were finished fundraising. According to Charles, this sum was impressive considering where the money came from.

"There were no corporate sponsors. It all came from middle-income families," he said.

All of the money was used for expenses relating directly to the relief efforts. Volunteers paid for their own airfare and took leave to make the trip.

With the money raised and volunteers eager to get started, Operation Love Thy Neighbor got off the ground April 6.

"It was like something from the Old Testament decimated the area—just came in and flattened it," said Charles, as he described the scene that awaited the volunteers in Thailand.

Buildings had been reduced to rubble. Formerly lush

green areas had been stripped of all vegetation. Fishing boats had been washed inland and broken into pieces against the ground. And that was just the material toll the tsunami had taken. Livelihoods had been destroyed and families had been torn apart, he said.

"There were about 10,000 people in the area," said Tina. "Now there are 3,000. The school on the island used to have 50 children. Now there are 20."

Initially, Juliano said, the group had intended to do some construction and landscaping, help set up an Internet outreach center and conduct a youth ministry at the local school.

"Although we had all of these things planned, what we prayed for was to be open to God's will, and for him to put the needs [of the tsunami victims] right in front of us. And every need we addressed was put right in front of us," Tina said.

Tina said those needs were put in front of them several times. For example, on the day she went shopping for landscaping supplies to put shade trees in front of the homes of widows, a man who'd previously owned a

nursery provided a translator to help her pick plants that would grow on the island and provided free delivery. The man also helped her buy the plants at a huge discount.

"When he told me how much it cost, it was exactly the amount that was in the envelope I was handed that morning," Tina said.

Another time, in Nan Khem, the group met a recent convert who'd lost his fishing boat in the tsunami. The group provided him with money to fix his boat, which Tina said, will not only give his livelihood back, but will help employ other local fisherman as well.

"He'll serve as a huge witness to how God does provide," She said.

The group also met a pastor who'd been

serving as a volunteer coordinator in the area. He'd been planning to build a church. He'd already ordered the wood for construction, but had no money to pay for it.

"He had no idea where the money would come from, but he'd ordered it on faith," Tina said. "We felt like God had made this opportunity for us, because we had not planned to build a church."

Tina said before the group left, they'd given the pastor enough money to pay not only the construction costs of building a new church, but also to pay for one year's rent on the land.

But the group did more in Thailand than just give away money.

"We worked our behinds off, and it was hotter than three Hells," said Charles.

He said the group built three houses to completion in the time they were there, and did work on several others.

This was no easy task, Charles said, because the tools available were very limited.

"What I would've given to have my power saw there," said Sgt. Maj. Joseph Kalsic, HHC, 19th TSC.

He explained cement had to be mixed by hand, there were no power tools and many of the basic tools they used had been improvised using pieces of wood and blocks. In one instance, they'd used a tube full of water as a level.

The group also helped console many of the tsunami victims who'd lost family members in the disaster, Tina said.

She described one widow who lost her husband and two children, and a child who lost his father and his house.

"It was like no one had hugged them since the tsunami. When you hugged them you could just feel the release as they crumbled and cried," Juliano said.

The group left Thailand April 14, a few dollars poorer and with eight fewer days leave than when they'd started. But none of them felt a loss.

"It wasn't a sacrifice. It was a privilege," said Tina.



Photo By Sgt. Maj. Joseph Kalsic

Volunteers work alongside Thai construction workers to build homes for women widowed by the tsunami.

Marathons teach life lessons to KN

Story and photos by
Cpl. Hwang Kyoo-Won

Running a marathon is not an easy job for anyone. To put it in perspective, it would be like running the two-mile run portion of the Army Physical Fitness Test run 13 times in a row. But at 68 years old, one man has repeatedly done what even young Soldiers might find daunting.

Pan, Kap Sik, driver for the 501st Corps Support Group commander, ran the 8th Seoul Marathon March 6. This was not his first time running a full marathon; he has been running more than 35 years. During this time, he's run between 70 and 80 full marathon courses.

"Marathons are not just races to me. They are part of my life," said Pan.

The Seoul Marathon race, which took place in Seoul, is managed by the Seoul Marathon Club.

There are four different categories in the marathon, including a five-kilometer run, 10-kilometer run, half marathon and full marathon. This year, more than 12,000 people, including hundreds of Japanese and U.S. Soldiers, participated in the race to compete against each other and test the limitations of their own endurance.

It took 4 hours and 58 minutes for Pan to finish the race.

"The weather wasn't great to run a marathon race. But as I started running, I felt comfortable, and I was in my best condition, so the way to the finish line after the turning point, I didn't even sweat," said Pan. He passed 40 runners in the last kilometer to finish, he added.

The run time, he said, is not important to him. The most important thing in a marathon is finishing. It also helps him to clear his mind of all sorts of thoughts, Pan added.

To get to this level of running requires a lot of effort, he said.

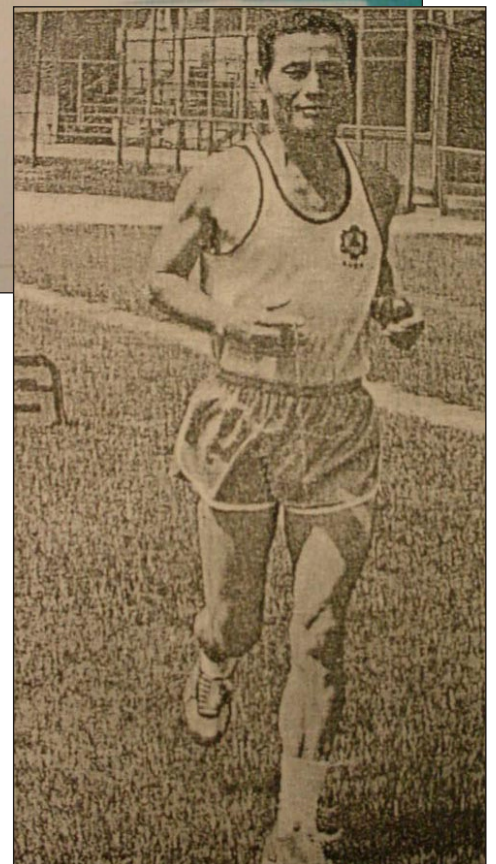
"I usually start running at two or three in the morning. Whenever I have free time, it's running time for me," said Pan. "When I first started to run in the morning, many people misunderstood me as an odd person, because not many people ran then, like they do these days."

Running marathons is important to him. First of all, he said it made him healthier.



(Top) Pan passes the finish line during the Second Seoul Marathon race in 1999.

(Right) An article about Pan was released when he has participated in his 16th marathon. Now he has participated in between 70 and 80 full marathon courses.



Even though he is 68 years old, he said his body feels 10 years younger. Also, finishing the race meant a lot to him.

"There have been a lot of good and bad times in my life," said Pan. "However, even though bad things happen to me, it's not a big deal if I think about how hard it is when I'm doing a marathon. Marathons give me the power to endure the hardness of life."

Be prepared for bicycle safety

Story and Photos By

Sgt. 1st Class Charles "Safety" Ryan

Recently Sgt. 1st Class Safety joined forces with Boy Scout Troop 81 to get the word out about National Bicycle Safety Month. May is when we green-suitors slip out of our winter Army Physical Fitness uniforms and start experiencing the wonderful Korean countryside.

A popular mode of transportation is frequently a 25-pound, two-wheeled, pedal-motored aluminum vehicle known as the bicycle – which isn't much of a match if it collides with a 3,600-pound, four-wheeled, diesel-powered steel and cast-iron vehicle known as a sport utility vehicle. And that is why I asked Boy Scout Troop 81 to help me educate Team 19 with a series of community and media events.

The percentage of Army bicycle riders is on the rise, in part due to the stricter standards for issuing privately owned vehicle licenses.

The Republic of Korea has a great defense mechanism against bicycle accidents, U.S. Forces Korea Regulation 190-1.

But this mechanism only works if riders are aware of, and leaders are enforcing, the rules found in this regulation.

A quick way to find this regulation is by visiting the 19th TSC Intranet site: <http://19tsckmp/sites/command/19safety/default.aspx>.

As part of earning their Safety Merit Badge the Boy Scouts are performing numerous bicycle safety events all through the month of May.

"Safety is a habit we want to instill in these young men at an early age," said Lt. Col. Brett Weigle, Troop 81, scout master.

The Scouts will be heard on Armed Forces Network-Korea Radio, FM 88.5 giving the top 10 bicycle safety tips Fridays between 5 p.m. and 6 p.m. On May 14 they will set up a static display with volunteer scouts acting as human mannequins, dressed in full safety gear of course! This display will be in front of the Post Exchange at Camp Walker.

Finally, a large bicycle safety banner was placed on the side of Camp Walker's Four Seasons store, where bicycle safety items are sold.



Sgt. Grant Peters, Armed Forces Network, records safety announcement with Boy Scout AJ DelosSantos.

Bicycle safety highlights from USFK Reg 190-1

- ☐ Riders must wear a protective helmet designed for bicycle safety, and use a chinstrap.
- ☐ A reflective vest must be worn and clearly visible, not covered by a backpack, etc...
- ☐ Headphones or earphones are not authorized.
- ☐ Bicycles are to use the far right side of the road and travel with the flow of traffic.
- ☐ During darkness, the mandatory front light must be visible for 500 feet.
- ☐ During darkness, the mandatory back light must be visible for 100 feet.

Bicycle Safety Quiz

1. What percentages of fatal bicycle accidents involve alcohol?
2. What three-hour period of the day do most bicycle accidents occur?
3. True or False, most accidents occur with cars?

1. 23%... so don't drink and pedal. 12. 1800-2100. Sounds like a combination of 'get-home-fits' and dusk setting. 3. F. 70% involve collisions with pedestrians, another reason to ride on the right side of the road!

Useful English Expressions

From TEAM 19 Magazine

일상생활 영어 표현 및 이런 것이 사람들한테 알려졌으면 좋겠다는 내용을 가지고 있는 분은 저희 사무실 DSN 768-7353으로 연락 주시기 바랍니다.

Expression

1. He is full of hot air.

-그는 허풍이 심합니다.

A: Did you just hear what he said?

A: 그 사람이 말한 것 들으셨습니까?

B: He is full of hot air!

B: 그는 허풍이 심합니다!

2. Put it behind you.

-다 지난 일입니다.

A: Seriously, don't let it bother you.

A: 정말, 신경 쓰지 마십시오.

B: Yeah, I guess so.

B: 예, 그래야 하겠습니다.

B: Yeah, put it behind you.

B: 정말이지 다 지난 일입니다.

3. The apple doesn't fall far from the tree.

-핏줄은 못속입니다.

A: They both like the same woman.

A: 둘 다 같은 여자를 좋아하고 있습니다.

B: How can this be?

B: 어떻게 그럴 수가 있습니까?

A: The apple doesn't fall far from tree.

A: 핏줄은 못속입니다.

4. I dozed off.

-졸았습니다.

A: How was the meeting today?

A: 오늘 회의는 어땠습니까?

B: It was so long and boring. I dozed off.

B: 정말 길고 지루했습니다. 저는 졸았습니다.

5. Butt out

-당신은 빠지십시오.

A: Let me help. I can do it.

A: 도와주겠습니다. 제가 할 수 있습니다.

B: No. You'll ruin it like last time. Butt out.

B: 아닙니다. 당신은 저번처럼 망칠 것입니다. 빠지십시오.

철저한 준비속에서 이루어진 36통신대대의 호송간 실사격 훈련

36통신대대 본부중대 병장 김관우

4월 4일부터 4월 8일까지 36통신대대는 호송간 실사격 훈련(Convoy Live Fire eXercise)를 판문점 바로 아래에 위치한 Story Range에서 실시하였다. 4개월간의 준비와 노력 끝에 실시하게 된 이번 훈련은 대대규모의 훈련이었으므로 많은 사람들의 많은 노력이 필요하였다.

Warrior Base를 야영지로 삼고 Story Range를 오가면서 실시한 이번 훈련에서 36통신대대의 대대원들은 호송간에 마주칠 수 있는 네 가지 사항에 대해 훈련을 실시하였다. 이는 차량을 보호하기 위

해 정지한 후, 차량에서 내려서 적의 사격에 응사하는 상황, 움직이는 차량 안에서 적의 공격에 대응하는 상황, IED(Improvised Explosive Device)에 대해 대응하는 방법, 마지막으로 도로가 막혔을 때 내려서 적에 대항하는 방



169중대의 훈련 중 팀 리더와 본대장간에 싱가스 라디오를 통한 교신이 이루어지고 있다.

법의 네 가지였다. 또한 이는 대대원들의 안전을 위해 중대별로(중대당 2팀), 또한 CRAWL-WALK-RUN의 방법으로 훈련을 하였다. 처음 시작한 Dry Fire(탄 없이 하는 연습)에서 각각의 구성원들을 과정에 익숙

하도록 숙달시킨 후에, Blank Fire(공포탄 사격)을 실시하였다. Blank Fire를 마치고 난 후에는 드디어 Live Fire(실탄 사격)을 실시하였다. 필자는 대대장님과 함께 일찍 올라가 모든 중대의



501 중대의 훈련 중 마지막 과정인 길이 막혔을 시 차량에 내려서 응사하는 상황에서 중대원들의 총기가 불을 뿜고 있다.

훈련을 보면서, 또 필자가 속한 본부 중대의 훈련을 함께 하면서 이 모든 과정에 참여할 수 있었다.

36통신대대는 주요 임무가 전장에 나가는 것이 아닌 전략부대이기 때문에 대부분의 구성원들은 야외훈련에 익숙하지 않았다. 하지만, 중대별로 거친 두달여의 훈련기간을 통해 점점 그 과정에 익숙해졌고, 실제 사격 때는 올라오는 타겟들을 거침없이 넘어뜨리며 잘 훈련된 정예병으로 변신하였음을 보여주었다. 36통신대대의 대대장님이신 미셸 피 볼린저(LTC Michele P. Bolinger) 중령은 “이번 훈련의 목적은 대대원들끼리 호송간에 실사격을 해야 하는 상황에서 자신감을 기르고 서로간의 신뢰를 구축하는 것이 목적이었습니다. 이러한 면에서 대대원들은 내 기대보다 훨씬 더 성장한 모습을 보여주었습니다. 다음번 훈련에는 더욱 많은 훈련 상황을 시도해 보고 싶습니다. 또한, 한국군과의 연합 훈련도 시도해보고 싶습니다.” 라고 소감을 밝혔다.

또한 이번 훈련에는 36통신대대와 자매결연을 맺고 있는 2군 사령부 휘하의 62통신대대에서 정민형 중위와 김대하 하사가 훈련을 참관하였고, 또한 일부분에 참여하여 훈련을 더욱 빛내주었다. 정민형 중위는 “미군 부대의 훈련하는 모습



62통신대대의 정민형 중위와 김대하 하사, 36통신대대의 김찬우 병장이 훈련을 보면서 한국군과 다른 점에 대해 대화를 나누고 있다.

을 보면서 미군 부대는 한국군 부대에 비해 안전에 더욱 신경을 쓰는 것 같습니다. 또한 사후강평(AAR)이 사병에서 부터, 너무나 진지하게 이루어지는 모습이 인상 깊었습니다. 부대에 복귀하면 제소대에

서 이를 실현해보고자 노력해볼 생각이었습니다. 한 가지 아쉬운 점이 있다면 사격 자세가 한국군에 비해 미흡한 모습이 있는 것 같았습니다.” 라고 말하였다.

Area IV

230th Army Birthday

Celebration June 14

- ◆ The place of duty for Soldiers stationed in Area IV will be Kelly Field, with troops formed by 6:50 a.m. The ceremony begins at 7 a.m.
- ◆ All family members, Korean National employees and DoD civilians are encouraged to attend and support local units.
- ◆ There will be a barbecue lunch open to all attendees. Cost is \$2.85 for family members of E-4 and below and \$3.50 for all others.
- ◆ Following the event, there will be a steak and seafood dinner. Cost is \$4.60 for family members of E-4 and below and \$5.40 for all others.
- ◆ Please purchase tickets in advance through your unit rep or by calling either Master Sgt. Carter at 768-8509 or Sgt. 1st Class Brown at 768-4855.

Event Schedule:

Opening Ceremony/Streamer Ceremony	7 a.m.
Tournaments	8 a.m. - 2 p.m.
Award Presentations/Commander's Cup	2:15 p.m.
Honor Guard Performance	2:45 p.m.
Commando Martial Arts Demonstration	3:15 p.m.
Youth Activities (Youth Activities Center)	All Day
Raffles	All Day

Army Birthday Tournaments:

Ultimate Frisbee	Litter Carry Relay	Horseshoes
Softball	100-Yard Dash	Checkers
Volleyball	Swim Relay	Racquetball
Basketball	5K Run	Pool Tournament
Flag Football	Golf	Spades
Tug of War	Dominoes	Chess
Soccer	Bowling	COL/CSM/SGM Volleyball
4x400 Relay	Ping Pong	

(For more information on the Army Birthday Celebration, contact Sgt. Maj. Chisholm at 768-8333 or Sgt. Maj. Velez at 768-6322.)